

St. Peter's Catholic Primary School

part of the wider Christus Trust, Multi Academy Trust



Mission Statement

Loving and learning together, with Jesus

Food Policy

Policy Ref No	CUR033
Date of Policy	March 2025
Review date	March 2028

Purpose

At St. Peter's, we know that what our pupils eat and drink is paramount to their health and well-being. We are a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community.

This Policy is in place to ensure that our pupils receive high-quality and nutritious food, and to promote their good health.

Providing good quality food improves children's health, behaviour and performance.

Food-based standards define the foods and drinks permitted during the extended school day (until 6pm) and apply to all food and drink provided to pupils on and off school premises, including school trips.

Nutrient-based standards apply solely to school lunches. They set out the requirements for an average school lunch during a one-to-three week menu cycle. This includes the amount of energy and nutrients allowed.

This policy will be reviewed to coincide with changing food standards.

Definitions

In this policy:

"Confectionery" refers to chewing gum, cereal bars, processed fruit bars, non-chocolate confectionery, chocolate in any form (excluding hot chocolate), any product containing wholly or partially coated with chocolate and any chocolate-flavoured substance (excluding cocoa powder used in cakes, biscuits and puddings or in an approved drink).

"Healthier drinks" refers to fruit or vegetable juice (max 150mls), plain water (still or carbonated), lower fat milk or lactose reduced milk, plain soya, rice or oat drinks enriched with calcium, yoghurt drinks, unsweetened combinations of fruit or vegetable juice with plain water, tea, coffee and hot chocolate.

"Oily fish" includes anchovies, herring, kipper, mackerel, pilchards, salmon, sardines, trout, tuna (except canned tuna) and whitebait.

"Starchy food" consists of all types of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.

"Fruit and vegetables" refers to fresh, frozen, dried, canned in water or juice, or fruit based desserts.

"Combination drinks" refers to combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk.

PSHE – Personal, social and health education

RHE – Relationships and health education

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To comply with the School Food Regulations
- To comply with Allergen Regulations introduced in December 2014 and Natasha's Law October 2021.

Executive Summary

A school lunch must be provided for pupils in EYFS/KS1 where a meal is requested or if they are eligible for free school meals.

How lunches are taken can be decided by governing bodies, however they must ensure that they meet the School Food Standards.

Although there is no requirement for the meals to be hot, they should be provided wherever possible to ensure all pupils eat at least one hot meal every day.

Free school meals must be provided if the pupil and/or parent meet eligible criteria.

Drinking water must be provided on school premises free of charge at all times.

Facilities in which to eat must be free of charge for pupils bringing their own meals. These facilities must include accommodation, furniture and supervision.

Four to six-year-olds throughout England are eligible to receive a free piece of fruit or vegetable every school day through the School Fruit and Vegetable Scheme (SFVS). The governing body has the power to decide whether or not to take part in this scheme.

From **1 January 2015**, schools must ensure that lower fat or lactose reduced milk is available to children who want it at least once a day during school hours.

Current food-based Standards for School Lunches

There are 13 food-based standards for school lunches.

Schools must provide:

- Fruit and vegetables – no less than two portions of fruit and vegetables/salad per day per pupil must be provided. At least one must be vegetables/salad and one must be fruit.
- Oily fish – oily fish such as salmon or mackerel must be provided at least once every three weeks.
- Bread with no added fat or oil – this should be provided on a daily basis and does not need to be free of charge.

- Drinking water – fresh drinking water must be available free of charge at all times.
- Healthier drinks – schools must only provide permitted drinks.

Schools must ensure that:

- Salt should not be available to add to food after cooking and must not be provided at tables or service counters.
- Condiments should only be available in sachets or individual portions of no more than 10g or 1 teaspoonful.
- Snacks; only nuts, seeds, fruit or vegetables without added fat, salt, sugar or honey are to be provided. Savoury crackers and breadsticks can only be served with fruit, vegetables, or dairy food as part of a school meal.
- Meat products which are manufactured or homemade from each of the four food groups may not be provided more than once a fortnight across the school day:
 - ❖ Group 1 – burger, hamburger, chopped meat, corned meat.
 - ❖ Group 2 – sausage, sausage meat, link, chipolata and luncheon meat.
 - ❖ Group 3 – individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (Scotch) pie, pasty or pastie, bridie, sausage roll.
 - ❖ Group 4 – any other shaped or coated products e.g. nuggets, meatballs.
- Starchy food cooked in fat or oil must not be provided on more than 3 days a week, across the school day.
- No more than 2 deep-fried food items should be provided in a single week across the school day.
- Cakes and biscuits that are provided at lunchtime but must not contain any confectionery
- Confectionery must not be provided at any time of the school day.

Nutrient-based Standards for School Lunches

The nutrient-based standards for school lunches aim to make the food offered at lunchtime healthier by decreasing the fat, saturated fat, non-milk extrinsic (NME) sugar and sodium content, and increasing vitamin and mineral content.

There are 14 nutrient-based standards for school lunches. These apply to an average school lunch within a one to four-week menu cycle, and relate to the overall composition of food rather than on an individual basis.

To calculate the average school lunch, together with the portion sizes and estimated number of each item. This will include recipes for the food which has been prepared from scratch and any specific

product details for brought in items. This should also include any drinks that are provided in all school food outlets at lunchtimes. Bread however does not need to be included in this analysis.

The premise for providing bread for pupils is to encourage them to fill up on food rich in carbohydrates, rather than in high fat or high sugar.

School lunch is defined as all food and drink provided for pupils as their midday meals. If some of the food and drink provided at mid-morning break is considered to be part of the lunchtime provision, it should be included when calculating an average school lunch.

An average school lunch must provide:

- The standard for energy based on an average value, rather than a minimum or maximum, as pupils are developing at different rates and have different levels of activity.
- No more than the maximum allowance of fat, saturated fat, non-milk extrinsic (NME) sugars and sodium should be provided, as too much can be harmful.
- At least the minimum amount stated for carbohydrate, protein, fibre, vitamin A, vitamin C, folate, calcium, iron and zinc as too little can be harmful.
- Where a school provides both primary and secondary education, a school lunch provided to a junior pupil must comply with the requirements for primary schools.

Food-based standards for school food other than lunch

These regulations set out the requirements for school food provided across the school day at times other than lunch to registered pupils on the school premises.

School food other than lunch also includes breakfast clubs, tuck shops, mid-morning break, vending machines, and after school clubs.

There are 11 food-based standards for food other than lunch.

Schools must provide:

- Fruit and vegetables at all school food outlets.
- Fresh drinking water at all times.

Schools must ensure that:

- Salt – this should not be available to add to food after cooking, and is not provided at tables or service counters.
- Condiments – these are only available in sachets or individual portions of no more than 10 g or 1 teaspoonful.
- Snacks – only nuts, seeds, fruit or vegetables without added fat, salt, sugar or honey are to be provided. Savoury crackers and breadsticks can only be served with fruit, vegetables, or dairy food as part of a school meal.

- Meat products – a meat product which is manufactured or homemade from each of the four food groups may not be provided more than once a fortnight across the school day:
 - ❖ Group 1 – burger, hamburger, chopped meat, corned meat.
 - ❖ Group 2 – sausage, sausage meat, link, chipolata and luncheon meat.
 - ❖ Group 3 – individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (Scotch) pie, pasty or pastie, bridie, sausage roll.
 - ❖ Group 4 – any other shaped or coated products e.g. nuggets, meatballs.
- Starchy food cooked in fat or oil must not be provided on more than 3 days a week, across the school day.
- No more than 2 deep-fried food items should be provided in a single week across the school day.
- Cakes and biscuits that are provided at lunchtime but must not contain any confectionery
- Confectionery must not be provided at any time of the school day.

Exemptions to the school food regulations

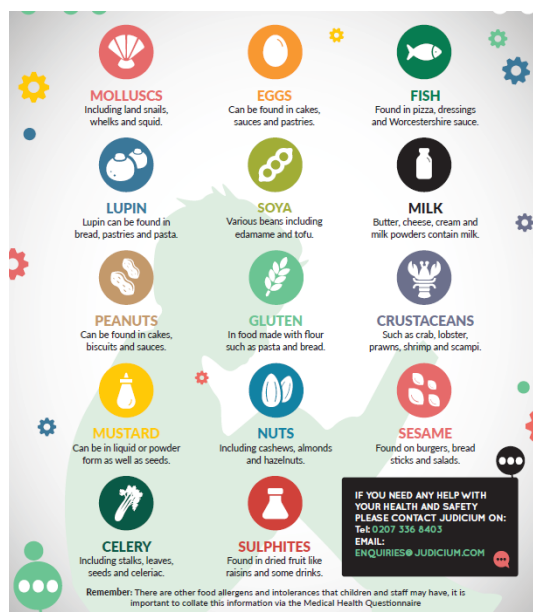
The School Food Regulations do not apply to food provided:

- At parties or celebrations to mark religious or cultural occasions
- At occasional fund-raising events
- As rewards for achievement, good behaviour or effort
- For use in teaching in food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- By maintained boarding schools who are allowed to provide cakes, biscuits, confectionery and snacks as part of an evening meal before 6pm.

Natasha's Law should be considered in each of the cases above.

Natasha's Law

- Natasha's Law requires all food outlets to provide full ingredient lists with clear allergen labelling on Pre-Packed for Direct Sale foods (PPDS). PPDS is food that is prepared, prepacked and offered or sold to consumers on the same premises. PPDS (Prepacked for Direct Sale) food will have to clearly display the following information on the packaging: Name of the food, Full ingredients list, with allergenic ingredients emphasised (for example in bold, italics or a different colour) for the 14 allergens. Allergens may be contained within salts or sauces.



- All Epi-Pens are labelled and kept in the school office or in the child’s classroom. Many members of staff have Anaphylaxis and Epi Pen training. These include senior leaders, first aiders and the staff working with children who currently have an epi-pen. Anyone can administer an Epi-Pen in an emergency if the adult/child is unable to do it themselves. For further guidance, see ‘First Aid Policy’.
- School Dinner menus are emailed to parents through ParentPay with a list of ingredients used and allergens contained. Parents pre-order school meals. If an item of food is substituted from the original menu, a ParentMail will be sent to advise parents.
- It is good practice to ask for allergens to be on display at point of service including fundraising cake sales
- Medical information including allergies are checked and updated by office staff each September

Food children bring into school for snack and lunch

No nuts or food containing nuts should be brought into school by pupils.

No chocolate or food containing chocolate should be brought into school by pupils. Except for Friday lunchtime when 1 item can be eaten as part of ‘treat day’ providing no other ‘treat’ is eaten.

No crisps should be brought into school by pupils. Except for Friday when 1 item can be eaten as part of ‘treat day’ providing no other ‘treat’ is eaten.

Children will be encouraged to bring water into school for their drink.

Children should not bring sweets into school for snack or lunch on any day.

Children can bring in one item for dessert if they also bring into school a carbohydrate item (sandwiches, wraps, pasta etc.), vegetables and or fruit. We would recommend a yoghurt for dessert or a homemade cake or biscuit.

If the children bring in their own snack for playtime then it should be healthy. We recommend fruit, vegetables or plain popcorn, plain breadsticks or plain rice cakes. The children should not bring in any chocolate item, biscuits, cakes, dairy items, fruit winders, crisps or pepperoni.

Responsibilities

The Healthy Schools Leader will:

- Monitor the food provided for our children.
- Monitor the teaching and learning of healthy eating
- Ensure parents and staff understand food expectations through communication in newsletters.

Class teachers will:

- Promote healthy eating through incorporating themes into lessons
- Ensure children cook from healthier recipe choices during the school year in line with the Design and Technology curriculum and RHE/ PSHE curriculum.
- Provide opportunities for food tasting where possible
- Ensure that permission is sought from parents/ carers prior to food tasting lessons and check allergies in their class.
- Complete a risk assessment before conducting preparation, cooking and tasting food
- Check for allergies of children in their class before distributing treats such as birthday sweets. We recommend small bags of sweets with ingredients and allergens listed such as Haribo.
- Parents complete medical forms each September and requirements for children with allergies and communicated and shared with relevant staff.

School Catering Team/School Office will:

- Ensure menus list all allergens when parents pre-order meals. Any items that are substituted will be communicated via email. Parents of children with known allergies will be contacted by telephone if necessary.
- Check medical information including allergies each September and ensure this is communicated with relevant staff.

Senior Leadership Team will:

- Ensure food in school is distributed in accordance with Natasha's Law
- Liaise with groups for fundraising events (such as cake sales, fetes) to ensure Natasha's law is considered
- Ensure lunchtime and relevant staff are first aid trained including administering epi-pens

Monitoring and Evaluation of this Policy

This policy will be regularly monitored and any necessary changes will be reported to the Curriculum Committee.





FAQs Natasha's
Law.pdf

Appendices



DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chicken Salad (example)	✓	✓		✓		✓	✓		✓			✓		

Review date:

Reviewed by:

Contact Judicium Education at WWW.JUDICIUMEDUCATION.COM
0207 336 6403 - ENQUIRIES@JUDICIUM.COM

ARE YOU READY FOR NATASHA'S LAW?

It is important to have an up to date and current Food Allergen Matrix for all dishes prepared and sold within the school (this should include pre-packed items and those made in house). Be aware of the 14 Food Allergens!



MOLLUSCS

Including land snails, whelks and squid.



EGGS

Can be found in cakes, sauces and pastries.



FISH

Found in pizza, dressings and Worcestershire sauce.



LUPIN

Lupin can be found in bread, pastries and pasta.



SOYA

Various beans including edamame and tofu.



MILK

Butter, cheese, cream and milk powders contain milk.



PEANUTS

Can be found in cakes, biscuits and sauces.



GLUTEN

In food made with flour such as pasta and bread.



CRUSTACEANS

Such as crab, lobster, prawns, shrimp and scampi.



MUSTARD

Can be in liquid or powder form as well as seeds.



NUTS

Including cashews, almonds and hazelnuts.



SESAME

Found on burgers, bread sticks and salads.



CELERY

Including stalks, leaves, seeds and celeriac.



SULPHITES

Found in dried fruit like raisins and some drinks.

IF YOU NEED ANY HELP WITH YOUR HEALTH AND SAFETY PLEASE CONTACT JUDICIUM ON:
Tel: 0207 336 8403
EMAIL: ENQUIRIES@JUDICIUM.COM

Remember: There are other food allergens and intolerances that children and staff may have, it is important to collate this information via the Medical Health Questionnaire

SCHOOLS FOOD SAFETY CYCLE

1. CLEANLINESS

Good standards of cleaning & disinfection are essential for all food & hand contact surfaces. Ensure to have the correct chemical & dilution rates for the intended cleaning tasks, follow cleaning schedules, along with chemical suppliers information/guidance.

Think: worktops, chopping boards, fridge door handles, light switches and knives.

To prevent cross-contamination, work clothing should be kept clean & hand washing between tasks should be normal practice.

8. ALLERGEN AWARENESS

Children are more likely to have an allergy than adults.

Special measures should be introduced for preparing meals for pupils with an allergy. Have separate areas, crockery & cutlery to ensure no mistakes can easily be made and there is no risk of accidental contamination. Ensure all staff are aware of the new laws that come into force on the 1st October 2021 - Natasha's Law.

Tip: Ensure new and temporary/agency staff have an understanding of allergens and controls

7. STAFF TRAINING

The law requires that food handlers are suitably trained commensurate with the role they undertake.

Always have a competent person in charge of your kitchen; someone who understands the necessity of good food hygiene standards and is able to oversee all operations. All food handlers training records should be kept up to date and copies of certification available.

2. PEST CONTROL

Be vigilant for signs of pest activity within your school including droppings, gnawed packaging, nesting materials, smear marks & chewed holes to the walls or around pipes.

Proactive solutions: sealing waste bins properly when full, disposing of waste promptly, keeping the refuse area clean, seal all cracks and gaps between walls and ceilings, store food off the floor in sealed containers, clean floors regularly to remove sticky residues.

Report any sightings to your Premises/Site Manager and contact your appointed Pest Control Contractor.

3. TEMPERATURE CONTROL

It is essential that delivered, stored, cooked and displayed for service foods, are kept at the correct temperatures.

As part of your robust Food Safety Management System, due diligence monitoring records must be kept for all temperature-controlled steps within your school catering facilities, to ensure compliance with current Food Safety Legislation.

You should also Keep a record of delivery temperatures, storage of both chilled, frozen & displayed units, along with cooking and foods that are held hot for service. If you are blast chilling and reheating, then strict controls and records must be maintained.

4. FOOD STORAGE / PREPARATION AND SEPARATION

Food should also be stored and prepared in such a way that it prevents cross-contamination of potentially harmful bacteria.

Storing Ready to Eat (RTE) and Non-Ready to Eat (Non RTE) foods:

- Ready-to-Eat foods should be placed on the top shelves of the chiller
- Non-Ready to Eat foods which are to be cooked should be placed below Ready-to-Eat foods
- Raw meat should be stored underneath all other foods or in a separate fridge if space allows
- Raw Poultry should be stored below other raw meats

5. PREPARING READY TO EAT AND NON-READY TO EAT FOODS

Designate Colour Coded chopping boards and equipment will assist in the prevention of cross contamination, when preparing both RTE and NON-RTE foods within the kitchen.

6. DATE CODING FOR ALL FOODS

All foods should be clearly labelled with the correct use by or best before dates, following the manufacturers packaging dates and guidelines provided. The School must have a shelf life policy, detailing the correct storage times of all food stored within the school kitchen.



IF YOU WOULD LIKE TO DISCUSS YOUR SCHOOL'S HEALTH AND SAFETY PLEASE GET IN TOUCH:

Tel: 0207 336 8403

Email: ENQUIRIES@JUDICIUM.COM

HR ADVISORY - HEALTH & SAFETY - DPO - CLERKING & GOVERNANCE - SAFEGUARDING

WWW.JUDICIUMEDUCATION.COM - 0207 336 8403 - ENQUIRIES@JUDICIUM.COM

